## Now Available! Eat Healthy • Be Active Community Workshops

Six one-hour workshops, based on the *Dietary Guidelines for Americans*, 2010 and 2008 Physical Activity Guidelines for Americans are now available. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings.

www.health.gov/dietaryguidelines

## Eat Healthy • Be Active Community Workshops

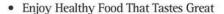
Based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines for Americans





## Teach the Eat Healthy • Be Active Community Workshops in your community!

Each of the following one-hour workshops includes a lesson plan, learning objectives, talking points, hands-on activities, and handouts:



- · Quick, Healthy Meals and Snacks
- · Eating Healthy on a Budget
- Top Tips for Losing Weight and Keeping It Off
- Making Healthy Eating Part of Your Total Lifestyle
- Physical Activity Is Key to Living Well

For more information and to download the Community Workshops: www.health.gov/dietaryguidelines





